



# YUMBER NETWORK VIRTUAL "INVOLVEMENT" EDITION

Thank you to all who joined us for another virtual get together. In this Newsletter we will feature; all slides, feedback and graphics from Imagineer. It was lovely to see so many of you and hear about all the fantastic things you have been up to in the round robin. We were also treated to a presentation from Cheswold Park about their new model, some virtual workshops, and a taste of the new Network film—watch this space! We finished off with a trip down memory lane with some footage from our last conference of the Ceilidh dancing!!

THANKS A BUNCH!



## Yorkshire & Humber Network Agenda

<p><b>Friday</b> 21st May 21 1.30-3pm</p> <p><b>Microsoft Teams</b></p> <p><b>Bring yourself a drink!</b></p> <p><b>IMAGINEER</b></p>		<b>Welcome—Introductions</b>
		<b>Ice Breaker</b> <b>Team building</b>
		<b>Network updates</b> <b>Conference, Training, Dates for diaries, Film</b>
		<b>Cheswold Park</b> <b>Re-motivation Model</b>
		<b>Virtual workshop</b> <b>Virtual involvement</b>
		<b>SeQuIn Tool</b> <b>Involvement Standards</b>
		<b>Virtual workshop</b> <b>Network Branding!!</b>
		<b>Round Robin</b> <b>Over to you</b>
		<b>Imagineer summary!</b>



- HUMBER CENTRE
- AMBER LODGE
- MOORLANDS VIEW
- WATHWOOD
- NEW HAVEN
- BRETTON CENTRE
- NEWSAM CENTRE
- CHESWOLD PARK
- NEWTON LODGE
- CYGNET BIERLEY
- STOCKTON HALL
- CYGNET SHEFFIELD
- WATERLOO MANOR
- FOREST LODGE



**WELCOME**

21/05/21

**Joined by:**



Collaboration. Hope. Encouragement. Empowerment. Respect. Support. Fun

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# Ice Breaker



## ICE BREAKER

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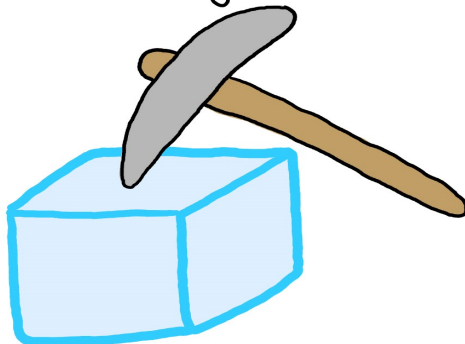
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Dlow...

Egdol notwen

Introduce yourselves or your services backwards!



## Involvement Network Updates

**When we have more information about a date for the next conference we will re-start our planning meetings!**

**Thanks to those who started planning the 2020 conference—we are looking forward to picking this up again when we can.**

### The Annual Conference



### The Annual Conference



- 2016- Celebrating a Decade of Involvement
- 2017- Evolution of Involvement
- 2018- From Functional to Fabulous
- 2019- Secure Quality Involvement (SeQuIn) Tool



**Our last annual conference was in 2019, unfortunately we missed it last year and are not planning one for this year—but we are really hopeful that we can have one in Spring 2022!**

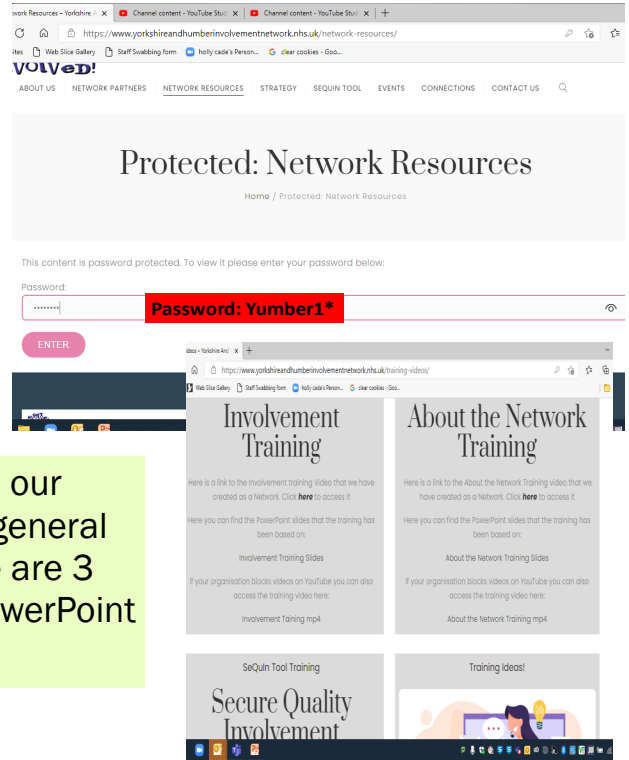
**Here are some photos and information about our earlier conferences! Newton Lodge won 1st place at the SeQuIn competition at the last conference—they won our big £250 cheque!**



### Newton Lodge celebrates first place at regional conference!

Date: 20th September 2019





The training event can be accessed on our website—it is password protected for the general public—the password is **Yumber1\*** There are 3 topics as can be seen on the slides! The PowerPoint presentations are on there too.

## NETWORK UPDATE



### ANNUAL CONFERENCE

- COAL MINING MUSEUM • NETWORKING
- COVID STOPPED 2020
- POSSIBLE DATE FOR SPRING! (FINGERS {CROSSED})



NEWTON LODGE

NEW PROJECTOR

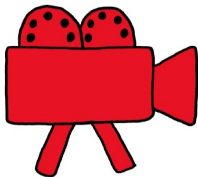
## LIVE TRAINING EVENT

- 3 TRAINING EVENTS
- ABOUT NETWORK
- INVOLVEMENT
- SEQUIN



PASSWORD PROTECTED

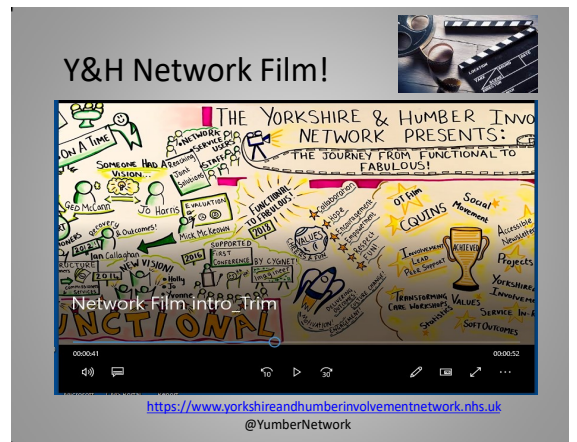
? IDEAS ON TRAINING



### Y&H NETWORK FILM

PAT CREATING - ON HOLD!  
SNEAKY PEAK

We are making a film about the Y&H Network!  
We showed an introduction clip at the meeting—watch this space at the end of the year!

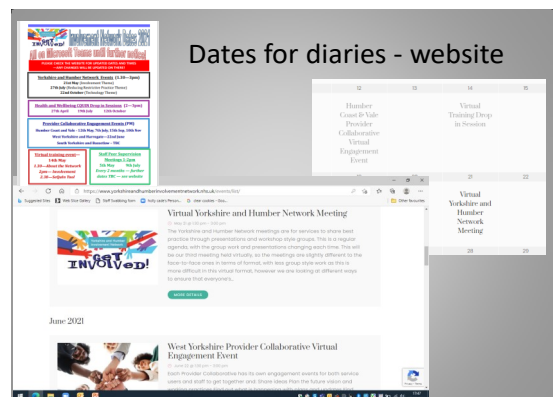


## DATES FOR DIARY

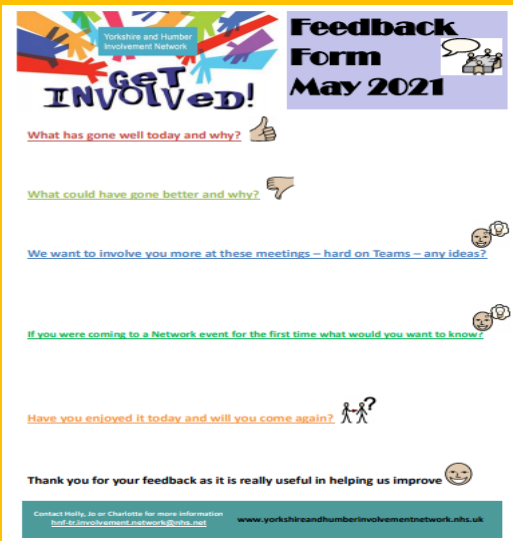
ALL DATES ON WEBSITE



We have sent out a poster with all the 2021 dates. However sometimes these change/posters don't get updated/replaced on noticeboards— so just a reminder that the website is always up to date so check on there if unsure about any dates!



# Virtual Workshop



## Virtual Involvement

- How do we involve you more in virtual meetings?
- If you were coming to an Involvement Network meeting for the first time what would you want to know?
- Involving women

### WOMEN'S INVOLVEMENT FEEDBACK

Invite women personally through invitation to attend or present  
 Invites aren't always passed on by staff to service users so this would have to be promoted on all wards.

– not just those that staff are regular Network attenders

There may be underlying reasons women don't get involved virtually – if it is difficult environmentally or there isn't the right staff support planned for the time of the meetings.

## VIRTUAL INVOLVEMENT

Q1. How CAN WE INVOLVE YOU MORE?

TEAM BUILDING FROM THE SERVICES

ROUND ROBIN FIRST

Encourage people to raise their hands on Teams

Q2. WHAT WOULD YOU WANT TO KNOW ABOUT THE NETWORK

How to get involved

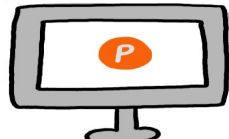
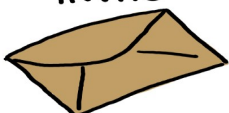
Agenda for events

Q3. INVOLVING WOMEN

SEND PERSONAL INVITE

PRESENTATION

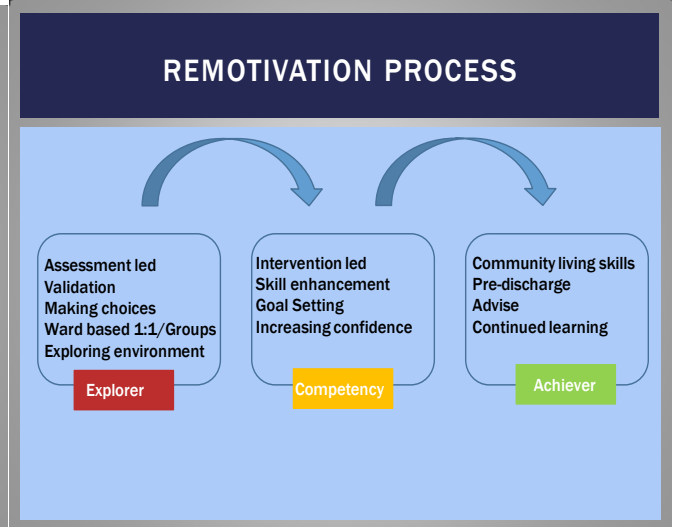
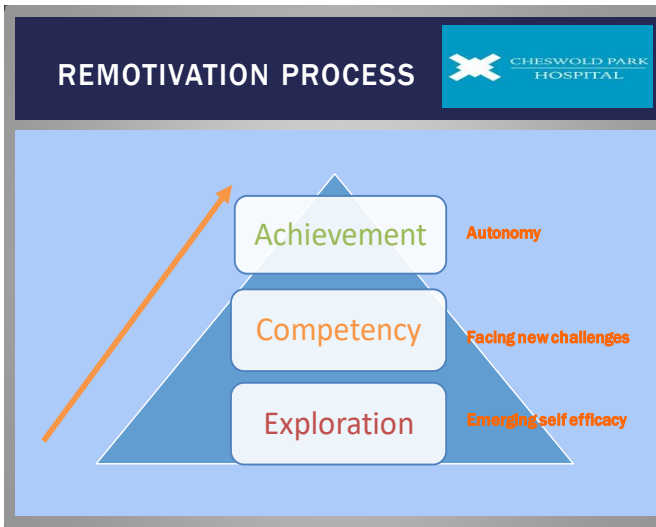
SOME HAVE MORE OBSTICALS TO JOIN IN



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# Re-Motivation Model Cheswold Park



## CHESWOLD PARK RE-MOTIVATION MODEL

TO INCORPORATE EVERYONE

WORK UP THE TRIANGLE



-ACCEB/BECCA

AUTONOMY

FACING NEW CHALLENGES

EMERGING SELF EFFICACY

**EXPLORER**

- ASSESMENT LED
- VALIDATION
- MAKING CHOICES
- WARD BASED 1:1'S & GROUPS
- EXPLORING ENVIRONMENT

**ACHIEVER**

- COMMUNITY LIVING SKILLS
- PRE-DISCHARGE
- ADVISE
- CONTINUED LEARNING

**COMPETENCY**

- INTERVENTION LED
- SKILL ENHANCEMENT
- GOAL SETTING
- INCREASING CONFIDENCE

12 WEEK PROGRAMME



VQ + MOHO USED TO MEASURE

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EXPLORER	COMPETANCY
<ul style="list-style-type: none"> <li>▪ <b>Validation</b>- making yourself familiar, introducing meaningful activity into their personal space, participating in activities of interest in close proximity, low level interaction.</li> <li>▪ <b>Exploring Environment</b>-introducing familiar tasks into new environments, observing others engaging in activities of interest, inviting patients to engage in activities of interest in their presence.</li> <li>▪ <b>Choice Making</b>- introducing more new elements (e.g. environments, people, objects), inviting to attend more often, giving them a choice of activities to engage in.</li> <li>▪ <b>Pleasure and Efficacy</b>- collaborative projects, start giving feedback, sense of self.</li> </ul>	<ul style="list-style-type: none"> <li>▪ <b>Internalised Sense of Self Efficacy</b>- supported in new and challenging situations, increasing environmental demands, skill learning, use of feedback.</li> <li>▪ <b>Telling One's Story</b>- use of reflection, making occupational goals, be supported to plan structure to week, increase sense of responsibility and autonomy.</li> </ul>

Implementing Re-motivation Model post COVID. Stopped OT through COVID and joined ward staff in numbers, so the regular OT timetable was postponed as wards couldn't mix. People need to be involved at each stage, and activities need to be planned for everyone at all stages to engage with.

**3 stages of motivation**

**Exploration**

People lack motivation and often stay in bed. Not doing activities but might be thinking about it, *Example: Doing things slowly, being consistent, building a relationship*

**Competency**

People know what they want to engage with. Try new skills. Engage with OT. Interventions led *Example: Challenges, using coping strategies, support to learn about themselves and be confident*

**Achievement**

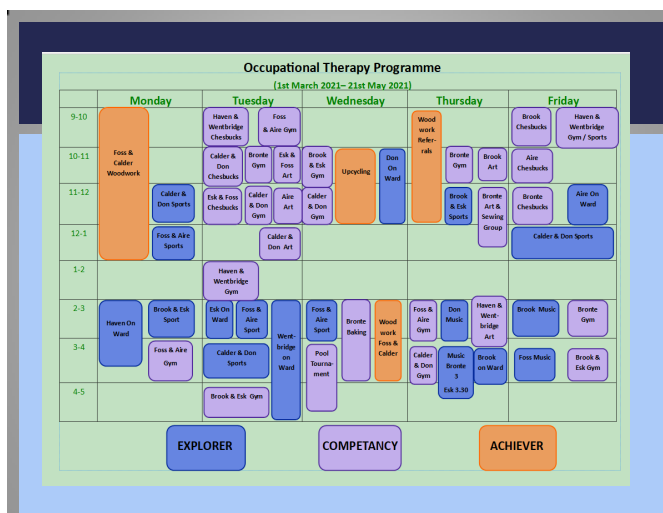
When people are independent with their activities. Pre-discharge in recovery.

OT act in an advisory role, Living and going out in to the community independently

*Example: Independent, making choices, using more skills to live in the community*

The hospital has been working in ward bubbles – having to provide activities for the majority on each ward. The rehab timetable has more choices of activities which meet the achievement options. Information is given to service users so they can choose what will help them most in their recovery. Wards are starting to mix so the next 12 week OT programme will be available for people across wards in the hospital. Everyone is excited for this next stage and getting to see other people again. OT still uses the VQ and MOHOST as outcome measures at the beginning and end of treatment. The hope is – there will be a wider variety of service users engaging with OT. There will be more opportunities for service users. The team will be offering the right activities for people and this will highlight where resources need to be targeted

ACHIEVER
<ul style="list-style-type: none"> <li>▪ Striving for personal goals.</li> <li>▪ Making occupational choices.</li> <li>▪ Seeking new challenges in relevant occupational environments.</li> <li>▪ Learning of critical skills.</li> <li>▪ Making use of strategies and tools learnt to confront challenging environments.</li> <li>▪ Advising rather than instructing.</li> <li>▪ Providing information and resources.</li> <li>▪ Let the patient practice autonomy.</li> </ul>



# Accessible Involvement Standards



**Involvement Standards**

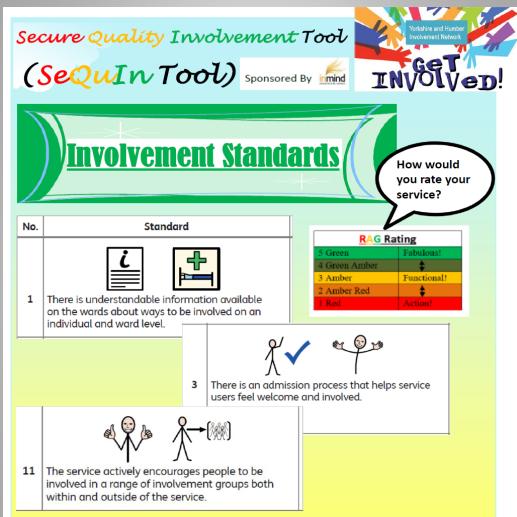
No.	Standard	Examples	RAG
1	There is understandable information available on the wards about ways to be involved on an individual and ward level.	Word information boards. Accessible documentation. Meeting minutes. Easy read information. Posters and flyers. Service development workshops.	
2	Policies and procedures are written and reviewed with the involvement of patients, carers and staff members and are accessible.	Policies, procedures and guidelines are formatted, disseminated and stored in ways that staff, patients and carers find accessible and easy to use. All information is provided in a format which is easily understood.	
3	There is an admission process that helps service users feel welcome and involved.	On admission to the service, staff members introduce themselves, other patients and show them around. There is a buddy system that can be accessed prior to and on admission. Ward and service information booklet.	
4	There is a service Involvement and co-production strategy covering all areas of service delivery including how the service is Provided - Developed - Received.	A co-produced Strategy in place. Models of care within the service routinely evaluated and reviewed. Staff and service users influence quality improvement projects. Service development workshops.	





**Involvement Standards**

No.	Standard	Examples	RAG
5	There is a named person who takes a lead for involvement in the service.	Job description. Identified lead. Verbal feedback.	
6	There are regular involvement meetings where the agenda is agreed by everyone involved.	Community meetings agendas. Involvement meeting agendas. Clinical governance agendas.	
7	Service users have access to a choice of different ways to feedback about the service including making complaints. This feedback is used to improve the service.	Governance meeting minutes. Community meeting minutes. Policies and procedures. Questionnaires. "You said, we did" boards. Suggestion boxes. Family and friends text. Independent advocacy available. Accessible complaints procedure.	
8	There is an independent advocate known by name to service users, and where requested raises issues on their behalf and feeds back actions or outcomes.	Independent Advocacy service. Advocate attends regular meetings. Service users know how to access the service and are supported to do so.	

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**Secure Quality Involvement Tool (SeQuIn Tool)** Sponsored By  

**Involvement Standards**

How would you rate your service?

No.	Standard	RAG Rating
1	There is understandable information available on the wards about ways to be involved on an individual and ward level.	5 Green 4 Amber 3 Amber Red 2 Red 1 Not Done
3	There is an admission process that helps service users feel welcome and involved.	5 Green 4 Amber 3 Amber Red 2 Red 1 Not Done
11	The service actively encourages people to be involved in a range of involvement groups both within and outside of the service.	5 Green 4 Amber 3 Amber Red 2 Red 1 Not Done

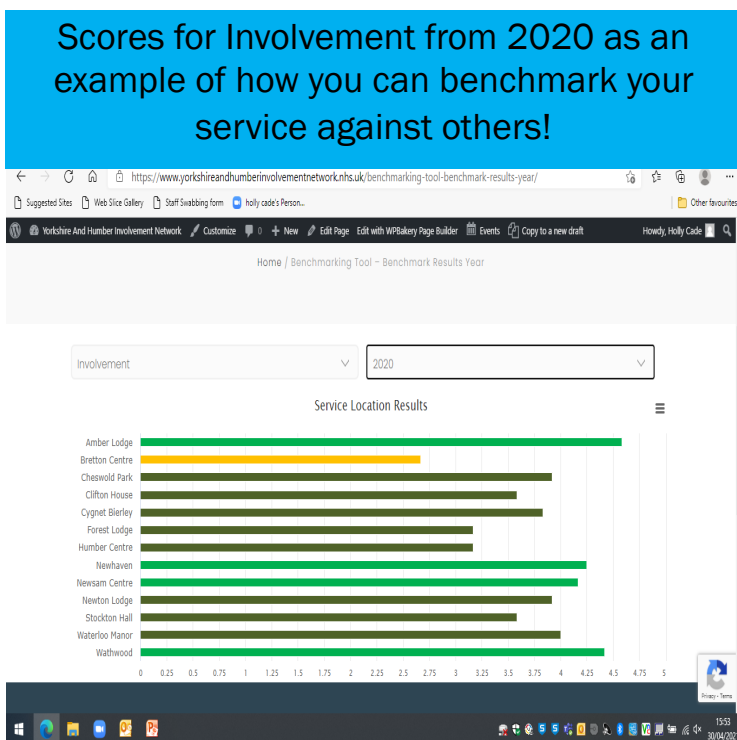
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**Posters available on the website to advertise any workshops etc.**

## INVOLVEMENT STANDARDS IN THE SEQUIN TOOL

Question – if all wards are working separately due to COVID, how do they show all that data together as the wards all score differently, and so results are skewed?

Answer – Only 1 score can be submitted as an average of the hospital scores, but you can write in the narrative in the evidence box, that explains this – why and what’s going on. So you can take an average of all the scores – or if only a few wards complete then make this clear in the evidence that it is not representative of all the wards—then in the action plan you could plan for how to get more involvement across the hospital next time you gather data.



SEQUIN TOOL

UPLOAD SCORES (MAY)

ACCESSIBLE STANDARDS

GET ACTION PLAN FOR SCORES

LOTS OF WARDS? IT COULD BE UPLOADED AS AVERAGE



## Virtual workshop



### Network Branding – we need your help!

What do you think of when you think of the Network?

- What colours?
- What words?
- What shapes?

Like that the Network links together

Stronger together collaboratively than apart  
Chain links.

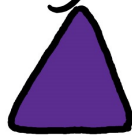
Something included from each service – font, colour?  
Keep the term “Get Involved”

Multi-coloured hands—linked together in a handshake

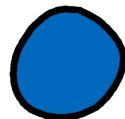
# NETWORK BRANDING

## COLOURS

PURPLE  
-friendly



YELLOW



Something from  
each service

WORDS  
GET INVOLVED!



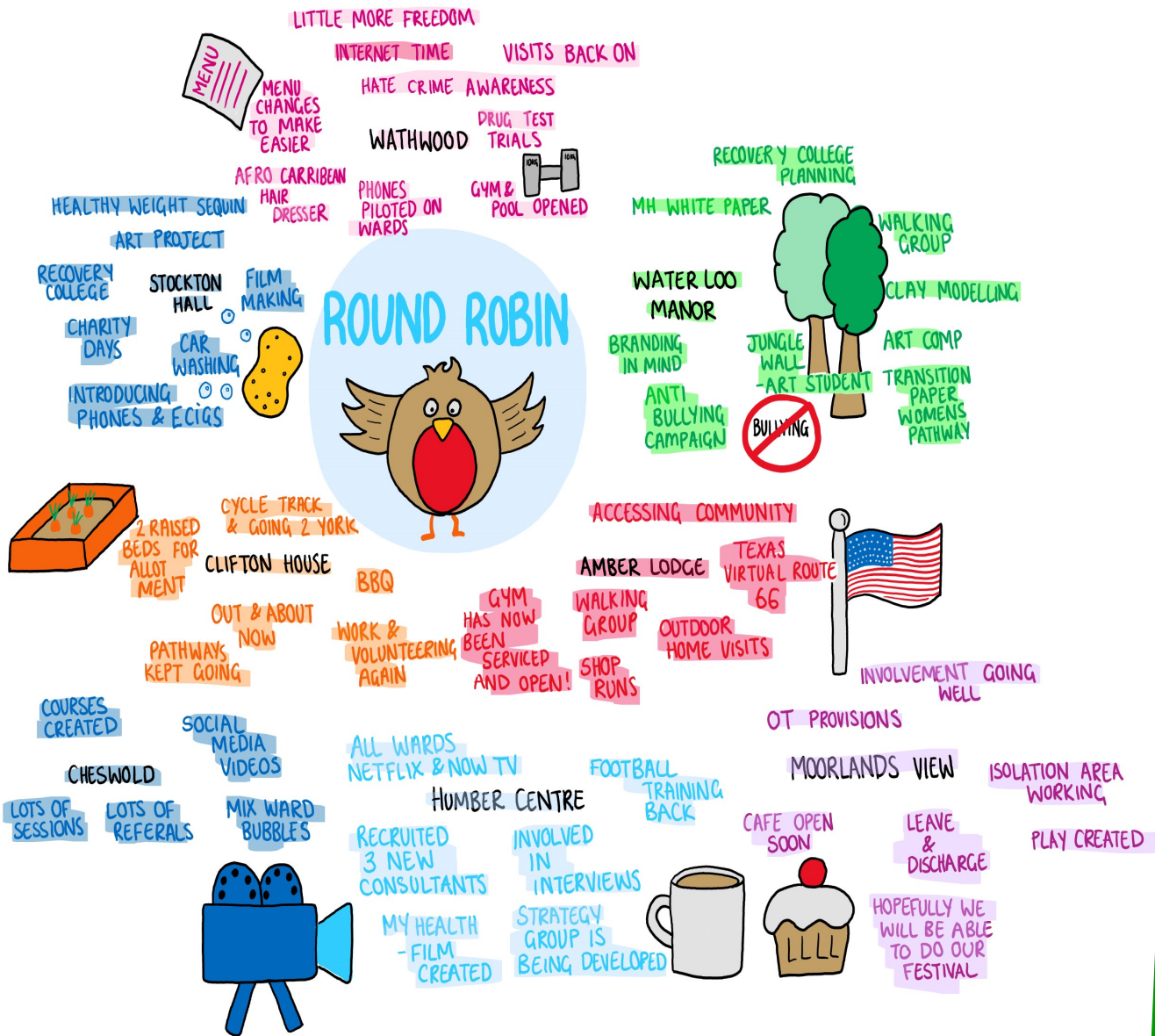
## SHAPES

LINKS - PEOPLE LINKED (STRONGER TOGETHER)  
HAND SHAKE

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# Round Robin



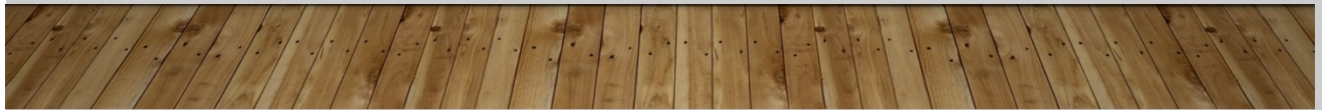
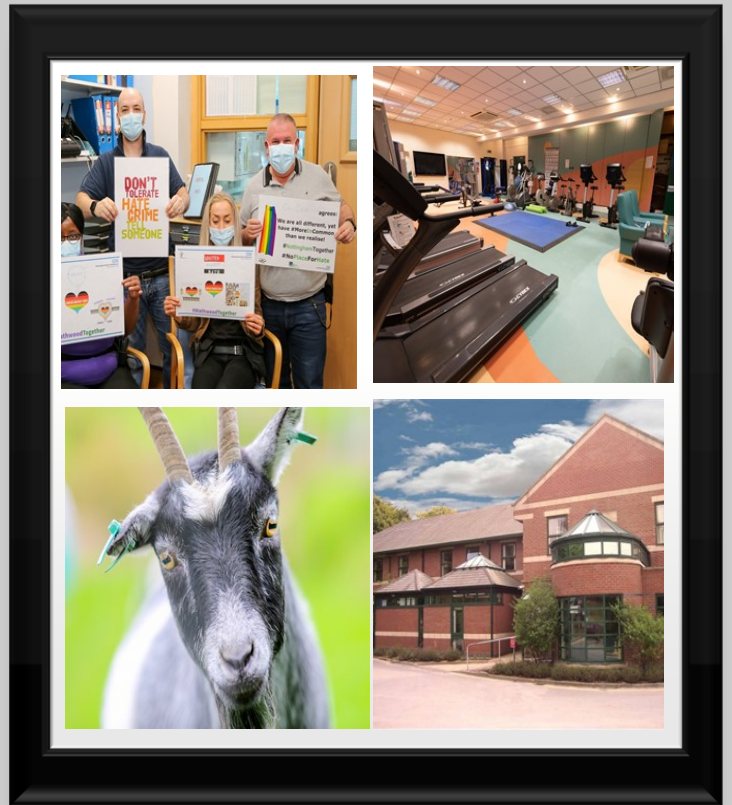
# WATHWOOD HOSPITAL HEADLINES

## HEADLINES

- Hate crime awareness across site going well.
- Trailing salvia drug testing kits so patients can potentially move from Urine to saliva
- Gym and pool reopened..
- Phones piloted on Assessment and now available through Wathwood .
- Changes to the menus to make them easier to understand
- Afro Caribbean Hairdresser due to come in the next few weeks.

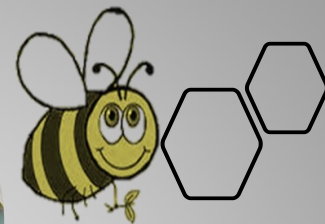
## CHALLENGES

- Requesting more internet time.



- MH White Paper
- Transition Booklet for Women's Pathway
- Branding for Inmind
- Recovery College Planning
- Art Student
- Anti- bullying campaign
- Easter Art Competition
- Walking Groups
- Clay Modelling

## Waterloo Manor





Bradford District Care  
NHS Foundation Trust

## Moorlands View Round Robin

Leaves and visits back on!

Graded discharges and flow is now re-established

Groupwork has been ongoing now for several months audit of recovery college outcomes demonstrate very positive results

A little extra OT provision has been funded to extend outreach work capability

4 Seasons café will hopefully re-open in coming month or so

Didn't manage to get funds this year for ward kitchen refurbishments ☹️

Discussing workarounds for LYNFEST

Planning shoot for co-produced lockdown film

**We've started accessing the community again following the lifting of some covid restrictions!**



We have started going out on our own shop runs again and have been able to have outdoor home visits as well as visits on Amber.

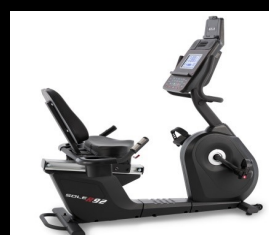
## AMBER LODGE



We have started our conservational work placement again, and have been able to go back out into the community for our walking group too. We have enjoyed visiting nearby woods and lakes.



We have made it through Texas in our virtual route 66 challenge and enjoyed a Texan themed fake away night where we made chilli and nachos and homemade brownies.



Our Gym has been serviced and is now up and running.

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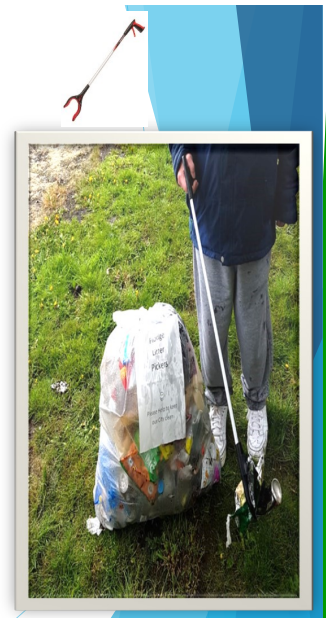
# Forest Lodge



## Forest Lodge Litter Pickers

One of our service users was very keen to join a community litter picking group, due to covid not many were running so we decided to create our own!

Every week the Service Users venture out to our local parks ready with their litter grabbers and fill bagsful of rubbish every time.



## Tour de Flodge!

We have been fortunate enough to acquire some new bicycles, so we now have a range of sizes to suit our residents. Interest in cycling and also bike maintenance has been high, and 3 service users have passed their bicycle safety assessment so far. 1 of our service users has been cycling on shop leave, another riding in the countryside, while 1 has been doing circuits in the courtyard. We plan to go out on group rides when the weather is a bit more predictable.



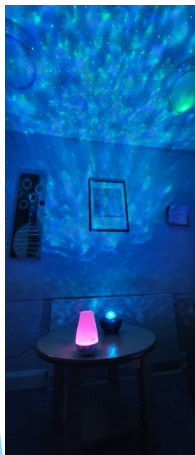
## Psychology at Forest Lodge

We have continued to offer groups at Forest Lodge:

We have the 'Walk of Fame'. This group encourages staff and service users to think about famous people who have experienced mental health challenges and to put a deeper understanding to their experiences.

We have the 'Chill out Zone'. In this group, staff and service users can practise relaxation techniques.

We have also started a 'Food and Mood' group with the OT team and Dietetics. This group helps people explore the relationship between different foods and their mood.



# Involvement @ Stockton hall

**ART PROJECTS**



**CHARITY & AWARENESS DAYS**

Staff & Service Users have held various awareness and charity days for such brilliant causes as Autism, Mental Health and Mental Health Nurses, raising a good amount of money for those causes.

**Film Making**



**Service User Involvement Meetings**

We are currently making a YHCV film about the Network & Recovery College as well as a "Welcome to Stockton Hall" video for carers and Service User

We have recently introduced Mobile Phones and have finalised plans to bring e-cigs into the Hospital.



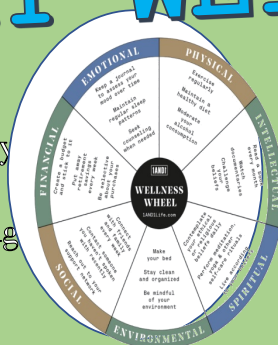
**Car Washing**



Service Users have been washing cars for charitable donations as part of the charity days

# HEALTHY WEIGHT COUIN

We are currently re-developing our Healthy weight passports and incorporating wellbeing into this



**Beetle Bank Farm**

Our community leave has started again with opportunities helping out at Beetle Bank Farm have begun again



**PAINTING & DECORATING**

Service users have painted a fair few therapy rooms in the hospital with more in the pipeline



**Recovery College**



Recovery College has begun again in full.





Clifton  
House  
Round  
Robin

**NHS**  
Leeds and York Partnership  
NHS Foundation Trust



## HUMBER CENTRE ROUND ROBIN

- Patients involved in recruiting and interviewing new consultants.
- All wards to get Netflix and now TV.
- Football training is back. Hurray !
- Developing an involvement strategy group.



“My Health” film completed.





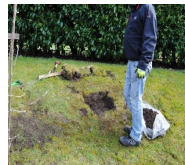
## Cheswold Park: Round Robin

• May 2021



## What have we been up to?

- ✓ Co-production of new sessions by students from Recovery College, ready to launch now some restrictions have been lifted.
- ✓ More collaborative working between disciplines (Recovery College, OT, Psychology).
- ✓ Patient-led information videos and increased presence on Social Media celebrating achievements of both patients and staff.
- ✓ Meaningful S17 Leaves to purchase equipment and resources for sessions.
- ✓ Integrating patients in to the infrastructure of the hospital: Tending to gardens, corridor displays, Recovery College Patient Steering Group.



## NEWTON LODGE



**We have the return of our walking group**

**Group therapy sessions are up and running**

**Town leave is back on for some much-needed retail therapy**

**We purchased a projector with our conference prize money**

**The return of our internal involvement group**

**There is a unit competition for growing the biggest sunflower**

**Priestley ward had an Easter Egg-Stravaganza event, This included lots of Easter themed activities with prizes.**

### Easter Extravaganza!

'Chuck a duck' where we threw plastic ducks in to fish bowls

'Toss a hoop' if it landed flat over the prize they won it

'Sheep racing' cotto-nwool balls were wafted with magazines to find a winner

'Easter bingo' this was a themed bingo sheet

'Carrot throw' Carrots were thrown in to the mouth of a large rabbit

'Egg shy' Water pistols were used to knock eggs of the stand

'Egg bowles' Bowles were played with Cadbury crème eggs

'word search' letters were hidden around the ward to find the word scrambled

'Famous Rabbits' A quiz of famous rabbits This was finished with Easter nest buns, alcohol free Pimms, salad sticks and dips and other snacks.

The event took place over a full day and was enjoyed by most of the ward, and staff!

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# Feedback Form



## What has gone well today and why?

You guys are just awesome. Its organised, coproduced, involved. Technology is not a barrier. The fact that you have kept this going to such a high quality during a pandemic- well done!

Engaging with different activities

The ice breaker

Watching the dancing from the conference

## What could have gone better and why?

Don't ask for names backwards- I have severe dyslexia and if others have perhaps it induces anxiety—however others liked it.

Try the Round Robin first next time

## We want to involve you more at these meetings – ideas?

Encourage people to raise their hands on teams to get more involved

Get services to do the ice breaker or team building like we used to do at Sandal

## If you were coming or the first time what would you want to know?

Agenda for this and future meetings

Who will be there

How to get involved

## Have you enjoyed it today and will you come again?

Of course

We enjoyed it thank you

Yes really enjoyed it and will come again

**WE APPRECIATE  
YOUR FEEDBACK  
THANK YOU!**

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# Yorkshire and Humber Newsletter

Do You like.....  
Writing Articles?  
Writing Poetry?  
Arts and Crafts?  
Then we need you!



Please note we will say in the newsletter who sent it in (first name and service) so if you would rather it was put anonymously then please let us know



We are Holly, Jo and Charlotte and we work as Involvement Leads across all the secure services in Yorkshire and Humber and we want to produce a newsletter so everyone can share ideas with each other – it is especially important to us to stay in contact in this way whilst we follow Government Covid-19 guidance and cannot visit or meet up at Sandal.

This newsletter is a great way to find out what is happening in other hospitals and shout about all the good things you do!!

Ask a member of staff to send us things via email or you can send them direct with access to our website below on the 'contact us' tab.



Contact Holly, Jo or Charlotte for more information [hnf-tr.involvement.network@nhs.net](mailto:hnf-tr.involvement.network@nhs.net)

Collaboration. Hope. Encouragement. Empowerment. Respect. Support. Fun  
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